



Bubaleh

READY IN



5 min.

SERVINGS



1

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp double-acting baking powder
- ☐ 1 stick beef pasta skillet meal
- ☐ 1 eggs
- ☐ 1 tbsp matzo meal
- ☐ 1 tsp sugar

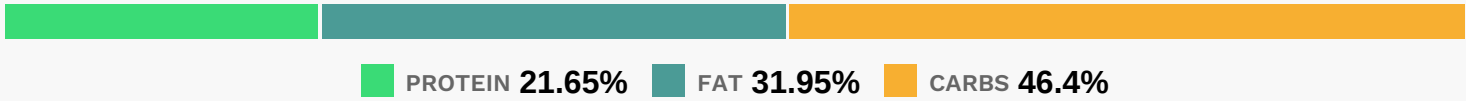
Equipment

- ☐ frying pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Bubaleh
- ☐ Ingredients1 egg1 tbsp matzo meal1 tsp sugar1/2 tsp baking powder
- ☐ Nonstick cooking oil spray or vegetable oil to grease the pan
- ☐ You will also need
- ☐ Nonstick skillet or griddle
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:162.09, Glycemic Load:3.51, Inflammation Score:-1, Nutrition Score:5.9313043887201%

Nutrients (% of daily need)

Calories: 123.25kcal (6.16%), Fat: 4.35g (6.7%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.89g (5.05%), Sugar: 4.45g (4.94%), Cholesterol: 163.68mg (54.56%), Sodium: 331.63mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Selenium: 17.23µg (24.61%), Calcium: 161.13mg (16.11%), Phosphorus: 146.41mg (14.64%), Vitamin B2: 0.23mg (13.78%), Iron: 1.36mg (7.58%), Vitamin B5: 0.72mg (7.19%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Folate: 22.38µg (5.59%), Vitamin A: 237.6IU (4.75%), Vitamin B6: 0.09mg (4.32%), Zinc: 0.64mg (4.24%), Vitamin B1: 0.06mg (4.22%), Manganese: 0.08mg (3.89%), Vitamin E: 0.47mg (3.12%), Vitamin B3: 0.47mg (2.36%), Potassium: 74.34mg (2.12%), Magnesium: 8.4mg (2.1%), Copper: 0.04mg (1.91%), Fiber: 0.34g (1.34%)